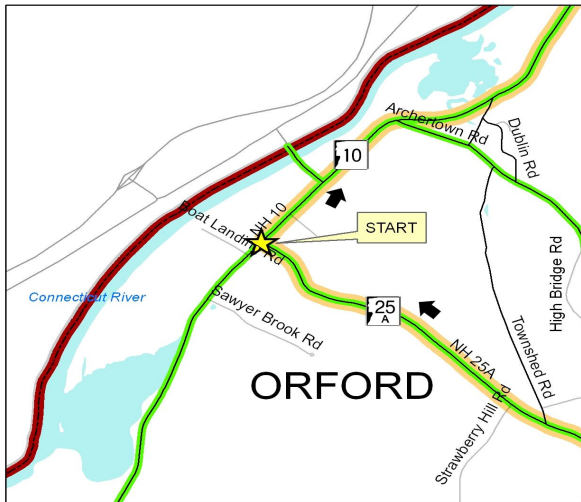
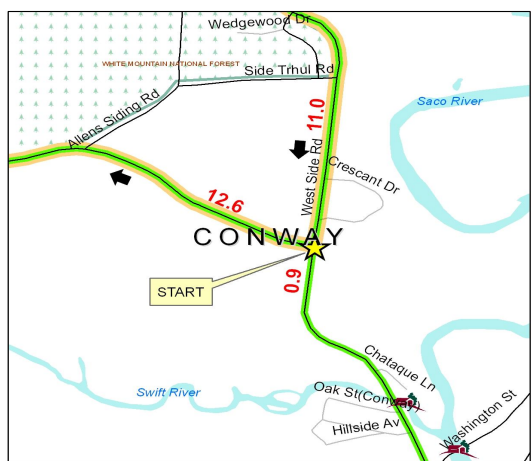
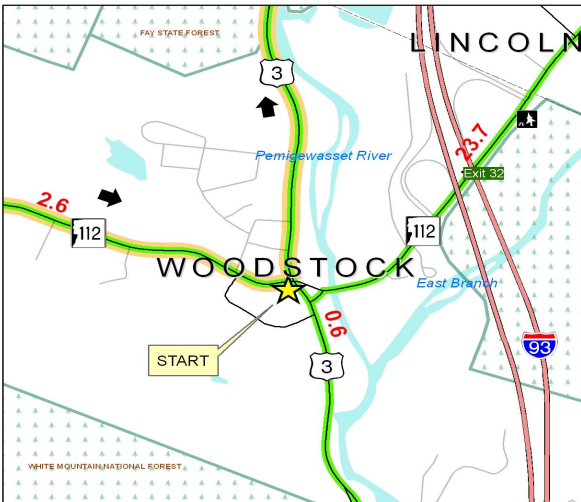


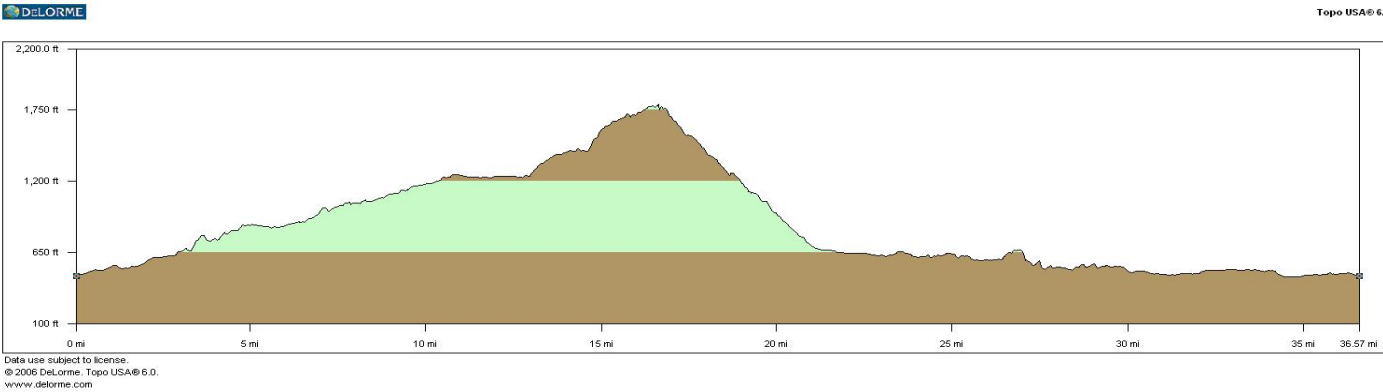
Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	NH 10 / NH 25A Intersection		
Go straight (NNE)	on	NH 10 / NH 25	11.50	11.50
Turn right (SSE)	on	NH 25 (Mount Moosilauke Hwy)	18.5	30.00
Turn right (W)	on	NH 25A (Orford Rd)	14.40	44.40
Finish	at	NH 25A / NH 10 Intersection		



Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	US 3 / NH 112 Intersection		
Go straight (N)	on	US 3	4.91	4.91
Turn right (ESE)	on	Drive to Flume Parking Lot	0.1	5.01
Turn left (N)	on	Beginning of Multi-Use Trail	7.00	12.01
Turn Right (S)	at	End of Multi-Use Trail onto Old US 3	0.40	12.41
Turn Right (W)	on	NH 18	4.73	17.14
Turn left (SSW)	on	NH 116 (Easton Rd (Church St))	11.18	28.32
Turn left (SE)	on	SR 112 (Lost River Rd)	10.94	39.26
Finish	on	NH 112 / US 3 Intersection		



Map Grid	Loop ID	Start Location	Recommended Direction of Travel	Distance Miles	Experience Level	Loop Features
J5	203	Conway	Clockwise	36.1	Intermediate	Conway Village Bear Notch Road Covered Bridge - Bartlett



Turn		Road	Dist (Miles)	Total Dist (Miles)
Start	at	Passaconaway Rd / West Side Road Intersection		
Go straight (WNW)	on	Pasaconaway Rd	6.40	6.40
Turn right (W)		SR 112 (Kancamagus Hwy)	5.9	12.30
Turn right (NE)	on	to Gear Notch Rd	8.98	21.28
Turn right (ENE)	on	US 302 (Main St)	3.98	25.26
Turn right (SE)	on	to West Side Rd	11.14	36.40
		West Side Road / Passaconaway Rd Intersection		
Finish	at			

Map Grid	Map ID	Station	Address	Train	Route
H3	T-7	Cog Railway	Base Road, Mt. Washington	Cog Railway	Summit of Mt. Washington
J5	T-8	Conway Scenic Railway	38 Norcross Cir, Conway	Conway Scenic	Conway to Crawford

FRANCONIA NOTCH BICYCLE PATH

SKOOKUMCHUCK PARKING LOT
END BICYCLE PATH

FRANCONIA

LINCOLN

FLUME PARKING LOT
BEGIN BICYCLE PATH

BP-1

Map Grid	Map ID	Name	Location	Phone	Schedule
D2	R-2	Littleton	I-93 Exit 44 Littleton	444-0125	Open all year 12 hours/day (8am to 8pm summer)
J4	R-3	North Conway	Route 16, North Conway	356-3961	Open all year, 16 hours/day F,S,Su, (7am-10:30pm) 12 hours/day M,T,W,Th (8am - 8pm) October 23 to May 24 hours/day M,T,W,Th (10am to 6pm)
J1	R-4	Shelburne	Route 2, Shelburne	466-2607	Open all year, 12 hours/day F,S,Su (9am - 9pm) 11 hours/day M,T,W,Th (9am to 8pm)



Map Grid	Map ID	Name of Airport	Town	Runway 1	
				Paved	Length(ft)
I1	A-4	Gorham Airport	Gorham	No	2,800
G2	A-5	Mt. Washington Regional Airport	Whitefield	Yes	4,001
G3	A-6	Twin Mountain Airport	Carroll	Yes	2,640
E3	A-7	Franconia Airport	Franconia	No	2,305
C4	A-8	Dean Memorial Airport	Haverhill	Yes	2,500

		PARK OR NATURAL AREA	Mtn. Biking	Boat Launch	Boating	Camping	Fishing	Guided Tours	Hiking	Pets Allowed	Picnicking	Swimming	Winter Use
Map Grid	Key												
B5	13	Bedell Bridge State Park		X	X		X			X	X		
H3	14	Crawford Notch State Park				X	X		X	X	X		
E3	15	Echo Lake State Park							X		X	X	
H3	16	Eisenhower Memorial Wayside Park									X		
E4	17	Franconia Notch State Park	X	X	X	X	X		X	X	X	X	X
C5	18	Lake Trafton State Park									X		
I1	19	Moose Brook State Park	X			X	X		X	X	X	X	X
I2	20	Mt. Washington State Park							X	X			

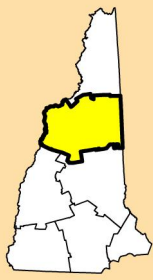
New Hampshire State Parks have varying degree of accessibility. Most parks have accessible restrooms and picnic facilities, and all state park campgrounds have accessible campsites. To ensure that the appropriate facilities are available to meet specific needs, please call ahead to the park you hope to visit.

The White Mountain Region is home to the 780,000-acre White Mountain National Forest, the Kancamagus Highway and some of the best hiking in the state. From a cycling perspective this region is the most physically challenging section of the state. It includes Mt. Washington, the highest peak in the Northeast, and 48 peaks that exceed 4,000 feet in elevation. Many of the roads go over "Notches" and mountain passes, which often include several miles of steadily climbing followed by several miles of descent. Generally traffic in the region is some of the lightest in the state but can be heavy on summer weekends and during fall foliage.

NEW HAMPSHIRE BICYCLE MAP



WHITE MOUNTAIN REGION



New Hampshire
You're Going To Love It Here
www.visitnh.gov

This map is being provided as a public service for informational purposes only. The State of New Hampshire as well as the cities and towns on whose roadways and rail-trails you will travel, and the agencies, groups and individuals who have contributed to the development of this map (hereinafter the "contributing parties") are not responsible for your personal safety. The contributing parties make no warranties or guarantees regarding the accuracy of the map's content, as well as to the safety, condition and usability of the roads and rail-trails depicted on this map for use by bicyclists and the general public. The contributing parties shall not be liable to you for any loss or injury arising out of the map's use.

Reflectors will increase your ability to be seen. *No person shall operate a bicycle, except for a bicycle equipped with clipless pedals, unless such bicycle has pedals equipped with a reflector of a type approved by the director which conform to 49 CFR 571.108 Table 2 and which shall be visible from a distance of 200 feet during darkness. (RSA 266:87(I))*

No Person, during darkness, shall operate a bicycle equipped with clipless pedals unless the operator is wearing either reflectorized leg bands on the lower exterior of the operator's legs or some other type of light reflective equipment on the exterior of either the operator's legs or shoes. (RSA 266:87(I))

Be sure your bicycle fits you. Keep handlebars and seat adjusted tightly and correctly. *A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached to the bicycle.* (RSA 265:144(1))

No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped. (RSA 265:144(II))

Clinging to a moving vehicle is extremely dangerous. *No person riding a bicycle shall hold fast to or hitch onto any vehicle moving upon a way. (RSA 265:144(III), RSA 265:145)*

No person less than 16 years of age may operate or ride upon a bicycle on a public way unless he or she wears protective headgear of a type approved by the commissioner of Health and Human Services (RSA 265:144(X))

Never block traffic by riding two abreast. *Persons riding bicycles two or more abreast shall not impede the normal and reasonable flow of traffic, and on a laned roadway shall ride within a single lane. (RSA 265:144(V))*

Bicyclists intending to turn right or left shall not be required to give a continuous hand or arm signal if the hand is needed in the control or operation of the bicycle. (RSA 265:144(VI))

Any bicyclist shall stop upon demand of a peace officer and permit his bicycle to be inspected. (RSA 265:144(VIII)) Any city or town shall have the power to make ordinances, bylaws or regulations respecting the use and equipment of bicycles. (RSA 265:149)

Do a bicycle safety check before you ride. *No bicycle shall be operated unless the steering, brakes, tires and other required equipment are in safe condition. (RSA 265:144(IX))*

Every person riding a bicycle has the same rights and privileges of persons driving cars. The bicycle driver has the same responsibilities as other drivers. *Every person riding a bicycle shall have all of the rights and be subject to the duties applicable to the driver of any other vehicle under the rules of the road. (RSA 265.143)*

You must see and be seen to be safe on a bicycle. *Every bicycle operated upon any way during darkness shall be equipped with a lamp emitting a white light visible from a distance of 300 feet in front of the bicycle and with a red reflector on the rear of a type approved by the director, which shall be visible from a distance of 300 feet to the rear when directly in front of the lawful upper beams of headlamps on a motor vehicle. A lamp emitting a red light visible from 300 feet to the rear may be used in addition to the red reflector.* (RSA 266:86)

In order to ride safely you must be able to stop your bicycle when you want to. Maintain your brakes in good condition and check them before each ride. *Every bicycle shall be equipped with a brake or brakes which will enable its driver to stop the bicycle within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement. (RSA 266:88)*

-Maggie Hassan, Governor